CITIZENS OF THE KINGDOM ORTHODOXY

Purification - Illumination - Glorification

NEW FULL MOON DAY NEWSLETTER

BIBLICAL NEW MOON = THE NEW FULL MOON

"Likewise, the people of the land shall worship at the entrance to this gateway before the Heavenly Father on the Sabbaths and the New moons🌙." Ezekiel 46:3

(English Biblical Translations ERROR - in Hebrew - chôdesh from H2318; means the new moon; by implication, a month: - month (-ly), new moon 🌕 = a beginning of a new month)

THOUGHT OF THE MONTH

Dear beloveds,

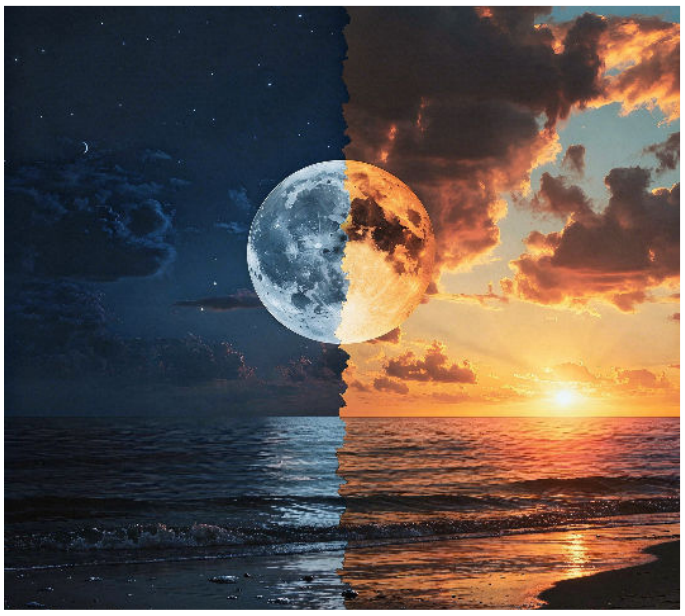
As the full moon rises in its appointed time, we pause together once again beneath the lights placed in the heavens by our Heavenly Father. These lights were not set in motion to drive us into exhaustion or fragmentation. They were given for signs and seasons — to restore rhythm, to teach us when to labour and when to honour pause, to align our bodies and spirits with the cadence of creation itself.

"Then the Heavenly Father said, 'Let there be lights in the firmament of the heavens to divide the day from the night; and let them be for signs and seasons, and for days and years.'"
Genesis 1:14

The heavens still move in order. The question is whether we do. In our last letter, we reflected on the truth that technology must adapt to biology, not biology adapt to technology. That foundation remains essential. Today, we go deeper.

Many are sensing intensifying instability — in institutions, in families, in bodies, and in minds.

THIS IS MORE THAN POLITICAL OR ECONOMIC UNCERTAINTY. IT IS THE CONSEQUENCE OF A WORLD THAT HAS DRIFTED FROM ITS ANCHOR.



Daniel foresaw a stage of human governance where manufactured strength and fragile humanity would be pressed together — iron mixed with clay.

Iron represents what is engineered, systematised, controlled. Clay represents living humanity, formed by the breath of the Father.

WHEN COVENANT IS REMOVED, CLAY DRIES. WHEN RHYTHM IS ABANDONED, IT FRACTURES. WHEN BOUNDARIES DISSOLVE, INSTABILITY FOLLOWS.

Iron and clay do not bind well. They coexist in tension. This is the pattern emerging before us. Humanity has been distanced from the stabilising gifts of the Heavenly Father — sacred rhythm, Sabbath rest, covenant alignment, clear order. When rhythm is replaced with acceleration, bodies weaken. When covenant is replaced with systems, souls become anxious. When boundaries are erased, peace disappears. **THIS IS NOT ACCIDENTAL. IT IS A SLOW SEVERING FROM DESIGN.**

Modern technology reflects this tension. Artificial intelligence, digital integration, engineered

enhancement — these all grow from the desire to overcome weakness without returning to covenant. **BUT SYSTEMS CANNOT REPLACE SOURCE. NO MACHINE CAN SUPPLY WHAT ONLY THE HEAVENLY FATHER BREATHES INTO LIVING CLAY.** Daniel's vision was not ultimately about fear of systems. It was about misplaced trust. Life severed from its Creator falters. No structure, however advanced, can substitute for obedience and alignment. Yet this season is not the absence of hope. It is the exposure of false anchors.

Just as clay dries and cracks without water, humanity weakens when detached from covenant, natural rhythm, and embodied worship. But the stone cut without hands — the Kingdom of our Heavenly Father — remains unshaken**. THIS KINGDOM DOES NOT RISE THROUGH MACHINES OR MARKETS. IT RISES THROUGH LIVING OBEDIENCE. THROUGH SACRED RHYTHM. THROUGH ALLEGIANCE TO YESHUA.** Sabbath was never meant to burden us. It was given as alignment.

"If you turn away your foot from the Sabbath... and call the Sabbath a delight..."
Isaiah 58:13–14 NKJV

And Yeshua reminds us:
"The Sabbath was made for man, and not man for the Sabbath."
Mark 2:27 NKJV

True Sabbath is learned when we prepare ahead. When we quiet our words.

When we release urgency. When we trust that provision flows from covenant, not striving. So tonight, under the full moon, we do not merely observe a date. We return to order.

RESTORE SAFETY. THAT COVENANT

Let us stand as clay softened again by the breath of the Heavenly Father — not hardened by relentless acceleration. Let us come out of Babylon not only by confession, but by practice. By restoring rhythm. By honouring pause. By speaking expectations clearly. By leading our households in order and peace.

LITTLE BY LITTLE. LET GO AND LET GOD. THAT IS TRUST. THAT IS ALIGNMENT. THAT IS COMING OUT OF BABYLON.

With love and steady hope,

WHAT YOU PUT ON YOUR SKIN MATTERS

Your skin is your body's largest organ. It absorbs. It protects. It responds. And your scalp? It sits right next to your brain. Every wash matters. Many conventional shampoos contain strong detergents like Sodium Lauryl Sulphate (SLS) and Sodium Lauryl Ether Sulphate (SLES). These are powerful degreasers. They create foam — but foam is not the same as health. When cleansing becomes too aggressive, balance is disturbed.

SCALP IRRITATION & INFLAMMATION

For sensitive individuals, sulphates can cause:

- Redness
- Burning sensation
- Flaking
- Worsening of eczema or dermatitis

Chronic low-level irritation can weaken the hair environment over time.

HAIR THINNING (INDIRECT EFFECTS)

Sulphates do not directly cause hair loss. But repeated stripping and inflammation can:

- Weaken hair shafts
- Increase breakage
- Create an unhealthy scalp environment

Healthy hair begins with a calm scalp.

COLOUR FADING

If hair is dyed, sulphates can cause:

- Faster fading
- Dullness
- Dry texture

This is why most professional colour-care shampoos are sulphate-free.

EYE & SKIN SENSITIVITY

SLS is known to irritate eyes and skin. In laboratory settings, it is sometimes used in controlled studies to test skin irritation because it reliably produces mild irritation. That tells us how strong it is.

WHO SHOULD ESPECIALLY AVOID HIGH-SULPHATE SHAMPOOS?

- People with eczema or psoriasis
- Those with sensitive skin
- Children
- Colour-treated hair
- Anyone experiencing scalp irritation
- Those trying to restore hair balance or reduce thinning

GOSHEN LIVING – BACK TO NATURE CHOICES

Goshen living is not about fear. It is about wisdom. It is about reducing unnecessary chemical load. It is about choosing gentler options where possible. Sulphate-free shampoos are widely available and affordable. There are also more natural formulations using plant-based cleansers that clean without stripping.

As we seek to purify our homes from synthetic burdens, we create the space for our bodies to return to their God-given rhythm.

BACK TO NATURE. BACK TO BALANCE. BACK TO CALM.
Because what we place on the largest organ of our body – right beside our brain – deserves thoughtful attention.

The path appears when you put your foot down.

STILLNESS: THE KEY TO A YOUNGER HEART

TECH TIME
3 Weeks Of Bed Rest Can Age Your Heart By 30 Years As Scientists Reveal How Inactivity Rapidly Destroys Your Cardiovascular System

Scientists have just confirmed that only three weeks of total bed rest can age your heart by up to 30 years. YES, 21 DAYS CAN TAKE DECADES OFF YOUR CARDIOVASCULAR YOUTH. In a powerful new study, participants were asked to stay in bed for three continuous weeks. No standing. No walking. Just lying still. The results were devastating. Their heart and blood vessel function declined so sharply, it resembled that of someone three decades older.

This wasn't due to poor diet or aging. **IT WAS PURE INACTIVITY.** The study showed a dramatic drop in cardiac output, weaker heart muscles, reduced oxygen delivery, and stiffening of arteries. In other words, a perfectly healthy body began breaking down in under a month - **ALL BECAUSE OF IMMOBILITY.**

What's more alarming is that full recovery took much longer. Even after returning to normal activity, some cardiovascular changes remained for weeks or months. The takeaway?

YOUR BODY IS BUILT TO MOVE. WHEN YOU STOP, YOUR SYSTEMS STOP ADAPTING—AND START DETERIORATING.

Movement isn't just exercise. It's biological medicine. Every step you take signals your heart to stay strong, your vessels to stay flexible, and your cells to keep working efficiently. Just 30 minutes of walking a day can reverse this rapid ageing effect. But going motionless for too long rewires your biology for decay.

IF YOU NEEDED A REASON TO GET UP – THIS IS IT. YOUR HEART IS LISTENING TO YOUR LIFESTYLE.

True patience begins with the ability to hear what the silence is trying to tell us.

THE POWER OF PATIENCE: 5 WAYS IT DOES GOOD

- **Lowers Stress:** Patience acts as a natural "reset button." It lowers stress hormones in both you and the person you are talking to, helping everyone feel calm in a high-pressure world.
- **Respects Others:** When you refuse to rush someone, you give them the gift of time. This allows them to speak and act with dignity, rather than feeling forced to move at the frantic pace of modern systems.
- **Builds Real Trust:** Patience creates a safe space where people feel secure enough to be honest. It is the only foundation where true community and a peaceful "Goshen" home can grow.
- **Sees the Real Problem:** When you slow down, you can see if someone is struggling because they are tired or burnt out, rather than just failing. This helps you offer the kind of help they actually need.
- **Acts as an Anchor:** Remaining calm during a "storm" makes you a landmark of strength. It proves to those around you that we don't have to be controlled by the "hurry-sickness" of the world.

RAISING CHILDREN FOR GOSHEN, NOT BABYLON - PART 1

We speak often about Goshen living — but what was Goshen? Goshen was the region in Egypt where the children of Israel dwelt while the rest of the land experienced oppression and plagues. It was a place of distinction, provision, and protection in the midst of a hostile system.

"But against none of the children of Israel shall a dog move its tongue... that you may know that the Heavenly Father does make a difference between the Egyptians and Israel."

Exodus 11:7

Goshen was not accidental protection.
It was covenant distinction. It was a community living under the Father's covering while chaos surrounded them. When we speak of Goshen living today, we are not speaking of escape. **WE ARE SPEAKING OF ORDERED HOUSEHOLDS — HOMES ALIGNED WITH THE FATHER'S STATUTES AND RHYTHMS WHILE CULTURE MOVES IN THE OPPOSITE DIRECTION.**

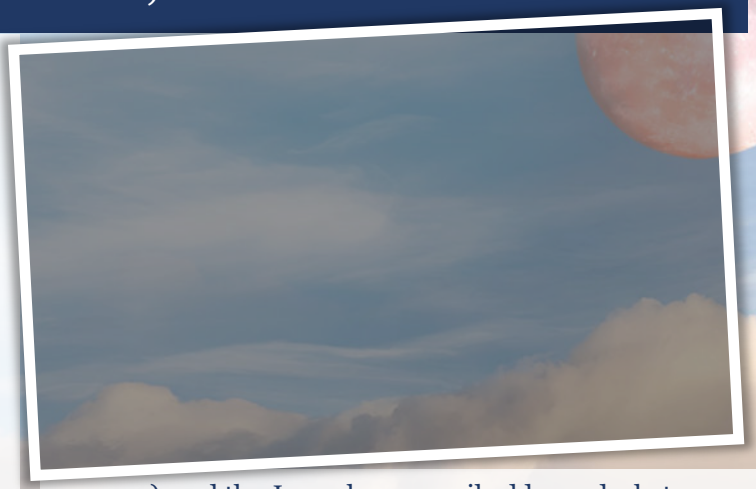
Goshen is not merely geography. It is governance. The Scriptures give ordinances and statutes — not to restrict life, but to make harmonious life possible. Peace does not happen by accident. Covenant requires structure. Harmony requires boundaries. The same is true in our homes. **YOU CANNOT BUILD GOSHEN HOUSEHOLDS WITH UNDISCIPLINED CHILDREN.** The word disciple comes from discipline. Discipleship begins at the table, in daily correction, in repeated instruction, in consistent leadership.

"Train up a child in the way he should go, and when he is old he will not depart from it."

Proverbs 22:6 NKJV

TRAINING IS NOT SUGGESTION. IT IS FORMATION. From the beginning, the Father established rhythms, commands, and guardrails because order creates blessing. Where there are no boundaries, there is noise. Where there are no statutes, there is instability.

Some have misunderstood Paul's letters as a cancellation of the Father's law altogether. In context, his dispute with Peter concerned circumcision and table fellowship for Gentile believers (Galatians 2:11–14), and the Jerusalem council addressed what was required of Gentiles entering covenant community (Acts 15:5–21). These discussions did not abolish divine order, statutes, or moral instruction — they clarified how Gentiles were grafted in.



GOSHEN THRIVED BECAUSE IT WAS DISTINCT. COVERED. ORDERED.

If we desire that covering today, we must raise children who understand:

- **Authority is protection.**
- **Obedience is strength.**
- **Self-control is freedom.**
- **Correction is love.**

But here is the question we must not avoid:

- **If the Father disciplines those He calls His own... what happens when discipline disappears from our homes?**
- **If Goshen required order, can covenant households survive without it?**

Just as Goshen was a place of light and order while Egypt sat in darkness, our homes can be sanctuaries of rhythm in a chaotic world. Perhaps the peace we long for is waiting on the discipline we are reluctant to restore. In Part 2, with the next Full moon, we will look closely at Hebrews 12 and what it reveals about love, correction, and the peaceable fruit that only discipline can produce.

Does the order of Goshen only apply to our worship, or is it the blueprint for our daily lives? Does Covenant governance actually shape how we lead our families and build our communities?

ACTION STEP:
To achieve a digital-free Sabbath, physically unplug the Wi-Fi router. In a world of invisible signals, the act of pulling a plug is a tangible reclamation of your space. It signals to your nervous system that the "input phase" of your investigative week is closed.

TEXT, TIME, AND TRUST

As we approach **Passover**, an honest question must be asked:

How much of what we read today reflects the **original text** — and how much reflects **later standardisation**?

Between the 5th and 10th centuries AD, Jewish scribes known as the **Masoretes** preserved the Hebrew consonantal Scriptures and added **vowel points, pronunciation guides, and marginal notes** to stabilise reading and interpretation. Their work became the foundation of what we now call the **Masoretic Text** — the base text behind most Protestant Old Testaments.

This does not mean Scripture was "invented" in that period. The consonantal text long predates them. But it does mean that **pronunciation, vocalisation, and certain reading traditions were systematised** centuries after the Temple period.

And here is where **discernment** becomes necessary.

We now know from the discovery of the **Dead Sea Scrolls** that **multiple textual traditions existed** before the Masoretic standardisation. In some places, the **Septuagint** preserves readings that differ from the later Masoretic form. **Psalm 145** is a well-known example, where a missing acrostic line appears in the Septuagint and in a Dead Sea Scroll copy.

What does this tell us?

Not that the Word of our Father failed. But that **transmission history is layered**.

Calendar language, appointed times, and even how certain Hebrew terms are rendered — such as ***Chodesh*** (month/renewal) — can shape how believers understand **sacred timing**.

Throughout history, calendars have regulated societies.

Authority over time is authority over rhythm. And rhythm governs worship.

The early controversy was not about Yeshua's resurrection belief. It was about whether the timing of that remembrance would remain tied to the original PASSOVER pattern or be detached and realigned under imperial rule. Historical records show that sacred time was standardised for various reasons – both the Jewish Calendar and the Christian calendar and when time is standardised, worship has to follow.
Returning to Scripture does not mean returning to every later Jewish or Roman development.

So the question before us is not whether Scripture was erased. It was preserved — sometimes through **imperfect hands** — yet preserved.

The question is this:

- Are we willing to **examine the layers** carefully?
- Are we willing to **test traditions** against the whole counsel of Scripture?
- Are we alert to how **translation, vocalisation, and calendar systems** influence our worship patterns?

This Full Moon, do not react in fear. **Investigate in humility.**

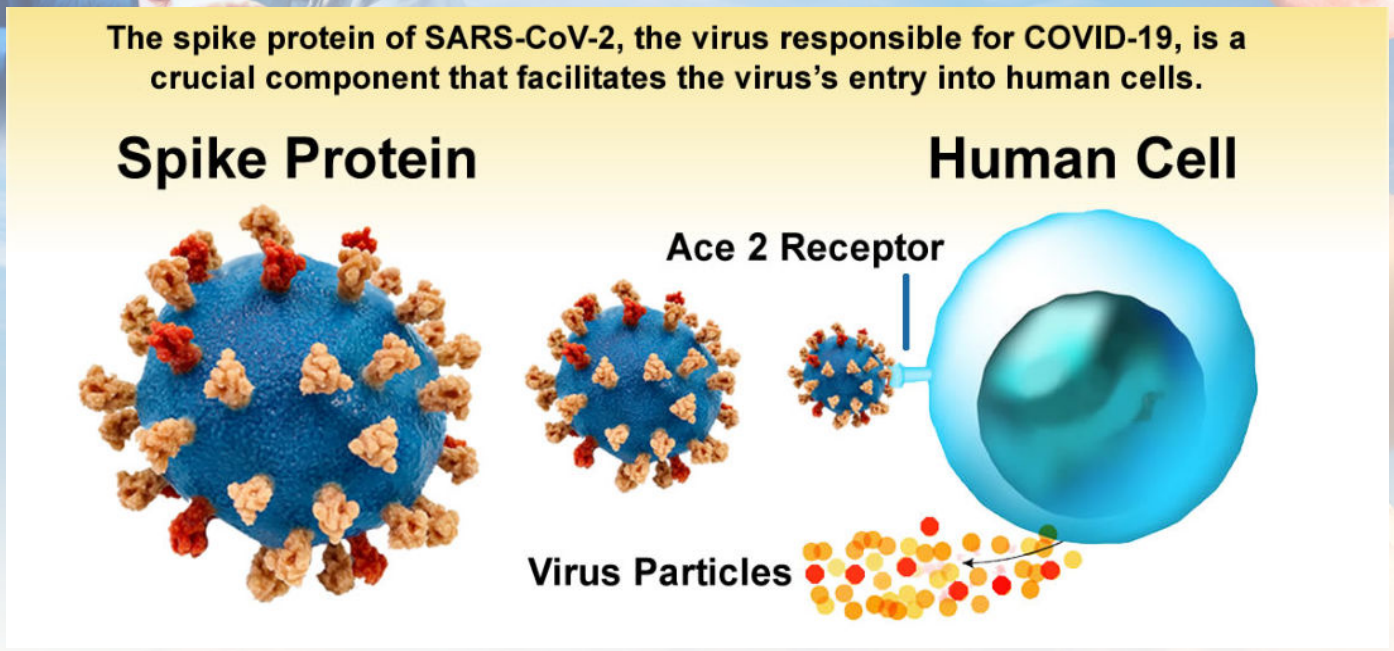
The Father's appointed times were never random. They were **embedded in creation's rhythm.**

Truth does not fear examination.

Investigating the Masoretic Text means examining the source carefully, moving past later influences to seek the original Word and the verifiable truth behind the translation.

Time is not merely measured. It is governed. And whoever governs time, governs worship.

UNDERSTANDING THE SPIKE PROTEIN
A Calm and Grounded Perspective


The spike protein of SARS-CoV-2, the virus responsible for COVID-19, is a crucial component that facilitates the virus's entry into human cells.
Spike Protein
Human Cell
Ace 2 Receptor
Virus Particles

In recent years, the term "spike protein" has generated confusion, debate, and in some cases, fear. Let us approach the topic with clarity rather than alarm.

The spike protein is a protein found on the surface of the SARS-CoV-2 virus. Its function is mechanical. It helps the virus attach to human cells by binding to a receptor known as ACE2. Think of it as a key that allows entry.

IT IS NOT THE ENTIRE VIRUS.

IT IS ONE COMPONENT OF IT.

The body may encounter spike protein in two primary ways:

- During infection, when exposed to the whole virus
- Through certain vaccines, which use spike protein as a training target for the immune system

In both situations, the purpose is immune recognition. The immune system identifies what is foreign and builds memory.

Proteins - including spike protein - are not permanent substances.

The body continuously breaks down proteins, recycles amino acids, and clears cellular debris through normal metabolic processes.

In most people, immune activation resolves this. The body recalibrates.

When lingering symptoms occur after infection or vaccination, it is not automatically evidence of something permanently lodged in the body.

More often, it reflects prolonged immune activation, inflammation, nervous system stress, mitochondrial strain, or vascular changes that require time and support to rebalance.

- **Make informed decisions.**
- **Consult qualified medical professionals.**
- **Understand both risks and benefits.**
- **Support your immune system regardless of the choice you make.**

Goshen living is not built on reaction. It is built on rhythm, clarity, and stewardship.

Rather than focusing only on what we fear, we focus on strengthening what sustains us:

- Strengthening the immune system
- Supporting recovery processes
- Reducing inflammation
- Regulating the nervous system
- Supporting metabolic health
- Honouring rest and rhythm

The body is not fragile by design. It is adaptive.

The deeper question is not merely about exposure — but about resilience.

In Goshen living, we do not chase every claim or counterclaim.

We cultivate health through disciplined habits, clean nutrition, proper rest, stress reduction, wise medical consultation, and grounded understanding.

CLARITY RESTORES CONFIDENCE.

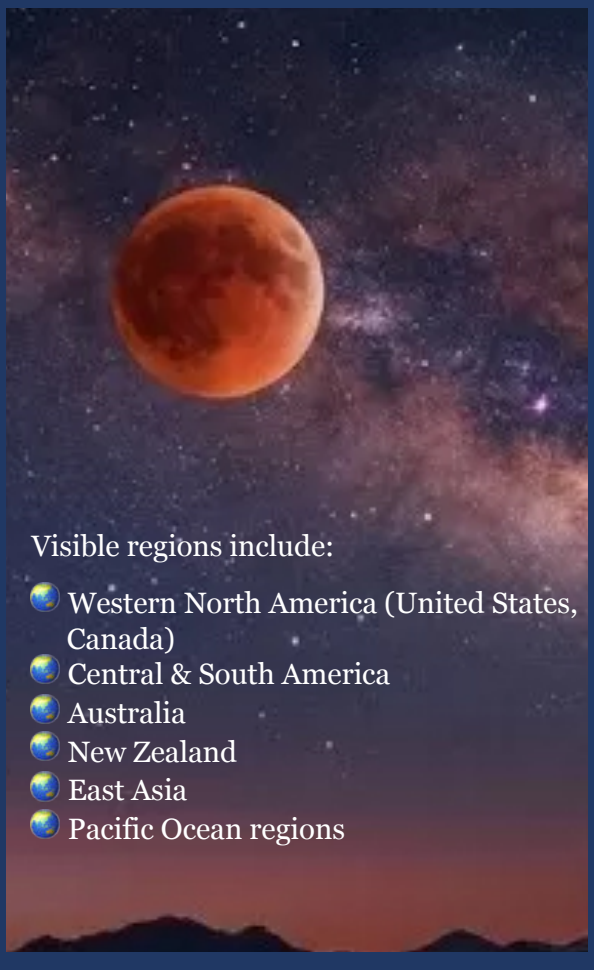
STEWARDSHIP RESTORES STRENGTH.

ALIGNMENT RESTORES BALANCE.

AND FEAR DOES NOT GOVERN OUR DECISIONS.

JUST AS WE SEEK CLARITY ON THE HIDDEN BIOLOGICAL SIGNALS WITHIN OUR BODIES, WE LOOK TO THE HEAVENS FOR THE SIGNS THAT GOVERN OUR TIMES.

THE RED MOON — WHAT IT SIGNIFIES



Visible regions include:

- Western North America (United States, Canada)
- Central & South America
- Australia
- New Zealand
- East Asia
- Pacific Ocean regions

Parts of the world may witness a red moon, but South Africa will not see this particular eclipse. The moon will rise for us in its usual light — steady and unchanged.

In Scripture, when the moon is described as turning to blood, it is never presented as superstition or astrology. It is sign language — prophetic imagery.

Biblically, a red moon represents:

- A disruption of normal order
- A signal that something weighty is unfolding
- A moment of transition under divine authority

It is not a horoscope event. It is not about personal destiny. It is about history moving through a decisive threshold.

When the heavens are described this way, the message is not panic — it is awareness. A reminder that earthly events do not unfold in isolation. They sit within a larger, unfolding story.

Whether visible in our skies or not, the call is the same: **discern the times, remain steady, and walk anchored in truth.**

OREGANO – A TRUSTED HERB ALLY FOR MAN AND BEAST - PART 1

A TRADITIONAL SUPPORT FOR PARASITE BALANCE

As we return to Goshen living — restoring land, body, and rhythm — we rediscover what traditional farmers and healers long understood: the earth provides powerful plant allies. One such plant is **ORIGANUM**, commonly known as Oregano (Origanum vulgare).

Long before modern chemical dewormers and pharmaceuticals, Oregano was valued for its strong aromatic oils and cleansing properties.
But what makes it significant?

COMPOUNDS – PARTICULARLY

These plant constituents are known for:

- Antimicrobial activity
- Antifungal properties
- Digestive stimulation
- Supporting an intestinal environment less favourable to unwanted organisms

In traditional herbal practice, oregano was not seen as a "kill everything" solution. **IT WAS UNDERSTOOD AS A TERRAIN SUPPORTER.** And terrain matters. Parasites thrive where there is:

- Compromised immunity
- Poor gut balance
- High sugar intake
- Stress
- Weak digestion
- Poor livestock rotation

Herbs like oregano support the environment of the gut — they do not replace order. **JUST AS THE BIBLICAL GOSHEN REQUIRED STRUCTURE TO REMAIN PROTECTED, HEALTH REQUIRES STRUCTURE TO REMAIN BALANCED**. In Part 2, we will look at how oregano has been used for both humans and livestock — and the wisdom required to grow and use it safely.

PARASITE CLEANSING TEA

While this tea is good to drink on a daily basis, it is particularly effective to drink when the MOON is FULL, as this is when parasites are at their most active

Ingredients:

- 1 cinnamon stick
- 2 cloves
- 1 tablespoon of fresh grated ginger
- 1/2 tablespoon of oregano

Instructions:

1. Boil Water: Bring 4 cups of water to a boil in a saucepan.
2. Add Ingredients: Add the cinnamon stick, cloves, grated ginger, and oregano to the boiling water.
3. Simmer: Reduce the heat and let the mixture simmer for about 10-15 minutes.
4. Strain: Strain the tea into a cup or teapot.
5. Serve: Enjoy your parasite-cleansing tea hot.

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